

## Acromioclavicular Joint Reconstruction

	ROM	Immobilizer	Therapeutic Exercise
<b>Phase 1</b> <b>0-4 weeks</b>	Supine PROM gentle as tolerated avoiding horizontal adduction. Limit forward flexion to 90° and external rotation to 45°	Remove only for exercise and hygiene which should be performed supine with gravity eliminated	Deltoid, rotator cuff while supine or gravity eliminated. Elbow and shoulder isometric exercises
<b>4-8 weeks</b>	Progress to full PROM	None	Deltoid, rotator cuff while supine or gravity eliminated. Elbow and shoulder isometric exercises
<b>Phase 2</b> <b>8-16 weeks</b>	AROM as tolerated in prone position	None	Progress ex. In phase 1, active-assisted strength ex. In all ROM's, vertical positioned strength ex. Begin at 12 weeks.
<b>Phase 3</b> <b>16-24 weeks</b>	Progress to full active ROM in all planes	None	Advance strengthening as tolerated, progress ex from previous phases. Begin sport specific exercises.